



NutriDyn®

Essential Multi with Iron

Comprehensive Micronutrient
Support for Health and Longevity*

PRACTITIONER EXCLUSIVE

Essential Multi with Iron Supplementation

Vitamins and minerals are key micronutrients required by the body for optimal health and longevity.* NutriDyn Essential Multi with Iron is a comprehensive vitamin, mineral, and herbal extract blend of bioavailable, patented ingredients including BioFolate® and Ferrochel™.

Research shows that deficiencies in certain vitamins and minerals are a major cause of health concerns.^{1,2} A lack of essential micronutrients in the diet can hinder normal growth, repair, and maturation of vital organs and tissues, leading to problems down the road.³

Using Essential Multi with Iron is a convenient way to meet micronutrient needs on a daily basis.*⁹ Clinical research cited herein suggests the benefits of Essential Multi with Iron supplementation may include:

- Supports cognitive function and mood*
- Provides antioxidants to help support oxidative stress*
- Supports vibrant, healthy skin*
- Supports energy production and vitality*
- Supports healthy immune function*
- Supports healthy gastrointestinal function*

How Essential Multi with Iron Works

Essential Multi with Iron takes your ordinary “multivitamin” supplement to the next level by using bioavailable forms of key micronutrients so your body can properly utilize them.* The vitamins and minerals included in the Essential Multi with Iron are of pharmaceutical grade quality for optimal health and longevity.*

Deficiencies in iron and folate are common conditions that may be supported with a quality supplement.*⁵ The inclusion of iron in this multivitamin provides extra support for essential metabolic functions.* Ferrochel™—a patented form of ferrous (iron) bisglycinate chelate—is readily absorbed in the intestines.*



For more information, visit: www.nutridyn.com

BioFolate®, another patented ingredient in the Essential Multi with Iron, contains biologically active folate ensuring proper absorption essential for healthy cellular functions.*

The proprietary phytonutrient blend in Essential Multi with Iron features highly potent herbal extracts providing beneficial polyphenols and plant compounds rarely found in the diet. Phytonutrients play specific biological and pharmacological roles in supporting immune function.*⁶ Herbal extracts contain numerous bioavailable compounds that may have beneficial outcomes such as antioxidant and anti-inflammatory properties.*^{7,8}

Why Use Essential Multi with Iron?

While eating a healthy and balanced diet is important to maintaining overall health, it is not always possible to obtain all of the critical micronutrients the body needs through food alone.*⁴ Supplementing with Essential Multi with Iron may help support micronutrient levels in the body and lower the chances of specific micronutrient deficiencies.*

Supplement Facts			Ingredients:	Amount	%DV*
Serving Size: 3 Capsules			Lycopene	6 mg	**
Servings Per Container: 30			Lutein	6 mg	**
Ingredients:			Zeaxanthin	2 mg	**
Amount			Proprietary Phytonutrient Blend	400 mg	**
%DV*			Citrus Fruit Extract (pericarp; Citrus spp.; standardized to 25% bioflavonoids), Green Coffee Bean Extract (seed; <i>Coffea arabica</i> ; standardized to 50% chlorogenic acid), Pomegranate Extract (hull; <i>Punica granatum</i> ; standardized to 40% ellagic acid), Grape Seed Extract (seed; <i>Vitis vinifera</i> ; standardized to 95% polyphenols), Bilberry Powder (fruit; <i>Vaccinium myrtillus</i>), Green Tea Extract (leaf; <i>Camellia sinensis</i> ; standardized to 98% polyphenols, 75% catechins, and 45% EGCG), Bitter Melon Extract (fruit; <i>Momordica charantia</i> ; standardized to 5% charantins), Prune Extract (fruit; <i>Prunus salicina</i>), Watercress Extract (whole herb; <i>Nasturtium officinale</i>), Cinnamon Extract (bark; <i>Cinnamomum zeylanicum</i>), Black Catechu Extract (heartwood; <i>Acacia catechu</i> ; standardized to 65% catechins), Rosemary Leaf Extract (leaf; <i>Rosmarinus officinalis</i>), Artichoke Extract (leaf; <i>Cynara scolymus</i> ; standardized to 5% cynarin).		
Vitamin A (50% as mixed carotenoids and as retinyl acetate)	3000 mcg RAE	333%	Other Ingredients: Capsule (hypromellose, sodium copper chlorophyllin), vegetable magnesium stearate.		
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%	BioFolate® is a federally registered trademark of MTC Industries, Inc. Ferrochel™ is a trademark of Balchem Corp. or Albion Labs.		
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%	Directions: Take 3 capsules once daily with food or as directed by your healthcare practitioner.		
Vitamin E (as d-alpha tocopheryl succinate)	82 mg	547%	Caution: If you are taking medication or other nutritional supplements, consult your healthcare practitioner before use. Keep out of reach of children.		
Vitamin K (as phytonadione)	120 mcg	100%	Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.		
Thiamin (as thiamin mononitrate)	25 mg	2,083%	Do not use if pregnant or nursing. Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day unless directed to do so by a healthcare practitioner.		
Riboflavin	15 mg	1,154%			
Niacin (as niacinamide and niacin)	50 mg NE	313%			
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%			
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	1,360 mcg DFE	340%			
Vitamin B12 (as methylcobalamin)	200 mcg	8,333%			
Biotin	500 mcg	1,667%			
Pantothenic Acid (as calcium-d-pantothenate)	75 mg	1,500%			
Choline (as choline bitartrate)	25 mg	5%			
Iron (as ferrous bisglycinate chelate) (Ferrochel™)	18 mg	100%			
Iodine (as potassium iodide)	150 mcg	100%			
Magnesium (as magnesium citrate)	40 mg	10%			
Zinc (as zinc citrate)	15 mg	136%			
Selenium (as selenium chelate)	100 mcg	182%			
Copper (as copper citrate)	1 mg	111%			
Manganese (as manganese citrate)	0.5 mg	22%			
Chromium (as chromium polynicotinate)	200 mcg	571%			
Molybdenum (as molybdenum aspartate)	50 mcg	111%			
Inositol	25 mg	**			
Resveratrol (root; <i>Polygonum cuspidatum</i>)	10 mg	**			

References:

- Ames, B. N. (2001). DNA damage from micronutrient deficiencies is likely to be a major cause of cancer. *Mutation Research/Fundamental and Molecular Mechanisms of Mutagenesis*, 475(1), 7-20.
- Hu, R. (2015). Vitamin B12 deficiency. *European Journal of General Medicine*, 12(3).
- Wilson, J. D. (1998). Vitamin deficiency and excess. *Harrisons Principles of Internal Medicine*, 480-488.
- Ward, E. (2014). Addressing nutritional gaps with multivitamin and mineral supplements. *Nutrition Journal*, 13(72).
- Moll, R., & Davis, B. (2017). Iron, vitamin B12 and folate. *Medicine*, 45(4), 198-2003.Gupta, C., & Prakash, D. (2014). Phytonutrients as therapeutic agents. *Journal of Complementary and Integrative Medicine*, 11(3).
- Gupta, C., & Prakash, D. (2014). Phytonutrients as therapeutic agents. *Journal of Complementary and Integrative Medicine*, 11(3).
- Kris-Etherton, P. et al. (2002). Bioactive compounds in foods: their role in the prevention of cardiovascular disease and cancer. *The American Journal of Medicine*, 113(9), 71-88.
- Craig, W. J. (1999). Health-promoting properties of common herbs. *America Journal of Clinical Nutrition*, 70(suppl), 491-499.
- Black, R. (2003). Micronutrient deficiency—an underlying cause of morbidity and mortality. *Bulletin of the World Health Organization*, 81(2).

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



NON-GMO



GLUTEN-FREE



DAIRY-FREE



PRODUCED IN A cGMP FACILITY

For more information, visit: www.nutridyn.com